

BUILDING IS CLOSED DURING COVID-19

COA STAFF

Director -Linda Hayes

781-545-8871

lhayes@scituatema.gov

Administrative Assistant

Jill Johnston

781-545-8874

jjohnston@scituatema.gov

Transportation Coordinator

Kathy Clarkeson

781-545-8872

kclarkeson@scituatema.gov

Outreach Coordinator

Jenny Gerbis

781-545-8873

jgerbis@scituatema.gov

Activities & Volunteer

Coordinator

Lisa Thornton

781-545-8875

lthornton@scituatema.gov

Van Drivers

Mary Brown, Jim Keeley,
Joe Swindler

COA BOARD

John D. Miller, Chair

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Caitlyn Coyle, Janice Lindblom,

Lucille Sorrentino, Henry Yeh,

Susan Kelly, Maud Meulstee

Selectman Liaison

Karen Canfield



SENIOR HAPPY'NINGS

MAY/JUNE 2020

27 BROOK STREET

SCITUATE, MA 02066

781-545-8722



HOURS OF OPERATION:

Monday-Thursday

8:30 AM-4:30 PM

Friday

8:30 AM—3:00 PM

MISSION OF THE SCITUATE COUNCIL ON AGING

To identify the unique needs and interests of our senior citizens and implement programs that will enhance their quality of life, foster independence and ensure the physical and emotional well-being of a growing older population.

"The only time we waste is the time we spend thinking we are alone."

Mitch Albom, American Author, from *The Five People You Meet in Heaven*

One of the quips I recently read in describing this dramatic change to our lifestyle, was that the date today is "somewhere between April and August ..." which is no doubt how many of us feel, and that has been very different for those like myself who live constantly by our calendars. Then there is my father's view at 86, that "it's just like retirement!" Maybe so, but I suspect even in retirement you are missing the routines you were accustomed to, and the "gatherings" for some, which is what I miss most. The times together have been replaced by phone calls, texts and on-line face meetings. Even for natural extroverts, this imposed opportunity to be more introverted – or introspective – and to find ways to be constructive in our solitude has brought some benefits during this unparalleled time. There are seamstresses making masks, and many other volunteers helping to bring necessary items to others. There are the fabulous musicians providing hours of enjoyment for us from their living rooms, balconies or empty concert halls—my Easter was absolutely made by Andrea Bocelli and his concert "streamed 'round the world" from Milan, Italy—a profound thought that so many of us were all in our own corners of the world – or the house – and listening at the same time to ONE MAN, who has brought so much love to the world with his singing, and his heart. There are the hearts displayed prolifically as we are all so grateful for the sacrifices made by our medical professionals and caregivers and responders; and our own wonderful instructors and facilitators who are videotaping or connecting electronically with you through Zoom or Facebook or Scituate Cable TV to keep you active. Thank you to Anne Schroeder, Sue Ribeiro, Bob Jackman, Dick Eckhouse, Robine Andrau, and all of you who have taken advantage of the available opportunities, as well as our van drivers who have continued to provide necessary rides to the market and appointments – and the entire staff at the Senior Center for working through this new normal for you. We miss you and care about how you are doing and feeling.

We want you to know about a couple of endeavors that we hope you will enjoy as the clouds clear and we tentatively come out of our homes and return to some of our routines. We had some Scituate High School seniors approach us about doing a project to 'lift the spirits' of older people stuck in their homes by painting Kindness rocks that they could share in some way with you all. They plan to enlist the community to contribute and distribute kindness rocks to provide some inspiration and comfort. Another idea we would like to try using Facebook is a Daily Challenge posted on our Scituate Council on Aging page—to encourage some electronic interaction and opportunity to share your thoughts, ideas and activities—and some fun. So if you use Facebook now, or are willing to learn, read on in this newsletter as we try to provide some instruction to help you get connected. Lastly, we have scheduled a couple of Zoom "coffees" for us to see each other. Some of these forms of electronic media that we may have avoided previously have now become more useful than we thought possible! Hopefully something rings true for you. This pandemic has shed an even harsher light on loneliness and isolation; and that is one of the main reasons we exist, and continue to be relevant, is to provide that Hub of connection whatever the method or the means. Although this is not our typical newsletter, or our typical May – usually our busiest month at the Senior Center— we want to provide a few things for you to look forward to. So be ready to answer, "What have you been doing or thinking about these past weeks?" I'd really love to hear.

♥ Linda



☞ Stay Connected, Stay Active – From Home ☞

We have gone **VIRTUAL**! Some activities are going on and some activities are being added weekly. Please reach out and ask about what we are offering, or to make a suggestion of what you would like to see us provide for you. Our goal is to remain active in your lives, keep you connected and supported during these challenging times.

FITNESS CLASSES at HOME



We will be adding new links and opportunities as able, so please continue to check the website, Facebook page, or call with a question or to be added to a group receiving voice broadcast calls about specific activities.

Yoga with Anne—M,W,F @ 10 am (ZOOM)

Call or email if you would like an invitation to this LIVE class

Chair Yoga—Stand by! We're working on it.

Balance For Life—M, W, F @ 11 am on SCTV

Lift Your Spirits—TU, TH @ 11 am on SCTV

Links to these classes via email. Call or email to receive a link, so you can exercise anytime that's convenient for you!

Arthritis Exercise with NVNA—M-F @ 11 am on SCTV

Links to these classes via email. Call to receive a link via email or find links on our Facebook page or town webpage.

SilverSneakers Workout Classes —find on Facebook Classes are LIVE and RECORDED so you workout anytime its convenient for you! Available at no cost for adults 65+ on participating Medicare Plans.

Zumba with Justine— Mon @ 10am, Wed @ 4:30pm (ZOOM)

Call or email if you would like an invitation to this LIVE class

Tai Chi for Healthy Aging—coming soon!

Call or email if you would like to be informed when this class becomes available for you to follow from home.

Call 781-545-8875 or email lthornton@scituatema.gov

TENTATIVE PROGRAMS

Please call the office if you are interested in these events, so we can contact you if the event will be "A GO" as planned, or if a reschedule date is planned.

**INTRODUCTION TO BIRDING Thursday, May 28 @ 9AM
@ Mass Audubon, 2000 Main St Marshfield (Rt 3A)**

Intro to Birds with Mass Audubon – Birding is one of the fastest growing activities for all ages. With a small investment, birding provides hours of exercise, entertainment and opportunities for lifelong learning through all four seasons. Our staff with guide books, binoculars and spotting scopes, will provide approachable expertise to get you started. Our sanctuary offers us a number of bird habitats to explore. Program will be rain or shine. \$7 Drive yourself.

CULTURAL CELEBRATION

JUNE– Date TBA

Fingers Crossed we can gather together for a fun cultural celebration offered by a MCOA grant. Contingent on social distancing recommendations from the State of Massachusetts.

VIRTUAL PROGRAMS with ZOOM

Email or call any of the staff if you would like to receive an invitation to any of these groups. Support is available to those wishing to participate in these opportunities. Give us a call!

WRITING GROUP

Robine Andrau

ONGOING WITH ZOOM

Tuesdays @ 1 PM

BRING YOUR STORIES TO LIFE in an informal workshop-style format. Author and Mariner Columnist, R. Andrau will encourage you to relive and write down meaningful experiences of your past using all the senses. You'll be ready to share. We can send you an invitation to join the ZOOM Meeting. Please call to join.

DISCUSSION GROUP W/ZOOM THURSDAYS @ 10AM

Coffee, Conversation, Connection. Call if you would like to receive an invitation to join via ZOOM. Suggest a topic!

MEN'S BREAKFAST via Zoom

Tues, May 5 @ 9am

Tues, June 2 @ 9am

Dick Eckhouse will host via ZOOM. Grab your smartphone, tablet, or computer, and coffee! Join Dick and the rest of the guys for a discussion. BYOB! That is "Bring Your Own Breakfast"! If you would like an invitation to the Zoom Men's Breakfast, please call 781-545-8875 or email lthornton@scituatema.gov

SCITUATE 50+ JOB SEEKERS NETWORKING GROUP

Scituate Networking Group is Now Virtual!

2nd and 4th Wednesday of the month. **10:30am - 12:30pm (Check-in at 10:00)** Virtual Interviewing, May 13th, with guest speaker Jen Hartman Director of Human Resources for Pacific Resources **Employer Panel May 27th**, with guest panelists: Jennifer Robin, Erikson Living, Laurie Maranian, Cardinal Cushing, and Merrill Davidson, United Way - more speakers to be added. **Pre-Registration required to join program** - please go to our new website: 50plusjobseekers.org

SCITUATE HISTORY

WEDNESDAYS, 1-2:30 PM

BOB JACKMAN

WATCH ON SCTV- CHANNEL 8 OR 22

History of Native Americans in Scituate

This class will focus on Native American people that occupied this area from 12,000 years ago to 1620, the series of plagues that decimated their ranks, and their interaction with settlers up to 1720. Extensive use will be made of slides depicting artifacts now in the collection of the Cohasset Historical Society.

COURSE: May 6, 13, 20, 27, June 3, and 10 Donations accepted but not mandatory. \$20 suggested for 6 week session.

Watch on SCTV Channel 8 or 22; or receive short-term link for YouTube video via e-mail (we need your e-mail if you have not been receiving these) or on **Scituate Community TV** YouTube page.

🌀 Services & Support—Grocery, Meals & More 🌀

SPECIAL SHOPPING HOURS FOR SENIORS AND AT-RISK COMMUNITY MEMBERS

Minimize trips to the grocery store and make healthy choices!

Many supermarkets are responding to the coronavirus pandemic by creating **special shopping hours** for vulnerable guests and older individuals. Make a point to shop during these hours and stock your basket with healthy choices from all food groups, including whole grains, lean meats, fruits, and vegetables. If fresh is not an option, choose frozen and canned alternatives which are often more budget friendly.

Shaw's Market in Cohasset	6-7 am
Stop & Shop in Cohasset and Pembroke	6-7:30 am
Trader Joes in Hanover	8-9 am
Big Y in Norwell	7-8 am
Roche Bros in Marshfield	7-8 am
Village Market in Scituate	6-7 am

Village Market in Scituate— Available for order ahead and delivery. Call between 8-9am. 781-545-4896

Greenbush General Store and Norwell General Store Available for curbside pick up anytime. Call in advance to place an order 781-545-0177 (Greenbush) 781-659-2621 (Norwell).

THE SCITUATE FOOD PANTRY

Client Hours: Tuesday 10am-12:15pm, Thursdays 3:30-5:15pm. No one can go into the food pantry. **NEW PROTOCOL—ONLY AVAILABLE FOR DRIVE UP SERVICE—Stay in your vehicle.** You drive up, drop off your shopping list, they shop for you and bring your items to the trunk of your car. The food pantry is NOT taking food donations at this time. The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way.

If needed, you can call and request delivery of items. Call and leave a message. If not a previous client, call and leave a message with new request and they will return the call.

M, W, F NO ON-SITE LUNCH—ON HOLD until further notice @ Harbor United Methodist Church, First Parish Rd. Please call South Shore Elder Services at 781-848-3910, x415 if you are in need of a meal. NO On-Site Dining available at this time.

THURSDAY LUNCH—ON HOLD

Congregational Church, 381 Country Way.

MONTHLY COMMUNITY DINNER, 4th SUNDAY—ON HOLD



MEALS ON WHEELS PROGRAM

for home-bound or convalescing seniors Monday-Friday through **South Shore Elder Services**. Call 781-848-3910, x415

to inquire about this service. This also includes seniors staying home because of the Coronavirus. Staff are working remotely, so it may take a day or two for them to return calls. You can call the 24-7 answering service and a nutrition manager will get back to the you.

DINE AT HOME with TAKE-OUT

Many local restaurants are available to take orders and provide take-out. Restaurants are offering this with limited hours. Orders should be called ahead or placed online. Orders will be brought out to your vehicle.

WAYS TO COPE WITH STRESS

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

- Take care of your body.— take deep breaths, stretch.
- Try to eat healthy, well-balanced meals, Avoid Alcohol
- Exercise regularly
- Get plenty of sleep.
- Make time to unwind. Do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

The **William James INTERFACE Referral Service** is a mental health and wellness referral Helpline available **Monday through Friday, 9 am-5 pm, at 888-244-6843** (toll free).

This is a free, confidential referral service.

alzheimer's association®

Get Support During COVID-19

Call our free 24/7 Helpline (800.272.3900) for help and the latest information.

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

LOW INCOME HEATING ASSISTANCE PROGRAM (LIHEAP)

The deadline has been extended until May 31. If you need assistance, you can call 508-746-6707 M, W, F, 9:30-3:00pm for a phone intake.

NEED ENERGY ASSISTANCE?

The **Massachusetts Good Neighbor Energy Fund** is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. If you received Fuel Assistance for the 2019-20 season, you are not eligible for GNEF. Please call Jenny Gerbis 781-545-8873.



Support – Resources, Rides & More

PARKINSON'S SUPPORT GROUP (ZOOM)

Participants have an opportunity to "meet" via Zoom with facilitator Leslie Vickers and attendees of her other support groups on Fridays at 1:00 pm. There is assistance for those who need it for connecting via Zoom. Contact Linda Hayes @ 781-545-8722 directly if they would like more information.

CAREGIVER SUPPORT GROUPS



COA SUPPORT GROUP— SCITUATE (ZOOM)

Third Wednesday at 12:00-1:00 pm

This valuable support group opportunity is for all caregivers. The group is led by experienced facilitator and licensed social worker, Suzanne Otte. This is an open group.

If you would like to be added to the list to receive the e-mail or phone call reminder before the meeting, please call Jenny Gerbis @ 781-545-8872. A Zoom invitation can be sent to your e-mail so that you can join the meeting from your home. Newcomers are welcome to begin at any time.

AREA SUPPORT GROUPS -MONTHLY| EVENING Caregiver Discussion Groups

First Wednesday at 6:00-7:30 PM Cohasset—VIRTUAL

For information, call Bonnie Haley at 617-686-6173

This group is meeting using Zoom—call the above number to request a Zoom invitation or call Lisa Thornton @ 545-8875

VAN TRANSPORTATION

We trust this message finds you and your families healthy and in good spirits. We encourage everyone to continue to follow the stay at home advisories and maintain social distancing.

Currently, transportation is available for critical medical appointments and prescription deliveries. Transportation to Shaw's on Wednesdays or the Village Market on Thursdays is available if needed. If you have additional needs, please call. We will make every effort to accommodate your request. Everyone is **required to wear a mask** (or face covering) while on the vans. We are looking forward to resuming full transportation services as soon as it is safe to do so.

We all deeply appreciate our drivers for their dedicated service. We are extremely fortunate for their commitment to provide transportation services during the Covid-19 crisis.

Please call the COA Transportation Office at 781-545-8872 for all transportation needs. Be well, stay safe and healthy.

SPECIAL EVENT TRIPS On HOLD until further notice

MONDAY SHOP HOPS On HOLD until further notice

To join FOSS- send \$10 membership fee

"Friends of Scituate Seniors"

P.O. Box 75 N. Scituate, MA 02060



PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8874 for any of these professionals

SHINE—BY APPOINTMENT

Serving the Health Information Needs of Everyone

Call for a referral to SHINE counselor **Rich Durkin**, volunteer for the Senior Center to discuss issues and concerns regarding your health insurance coverage. He is available for a 45 minute phone consultation.

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up to date? Do you have adequate coverage?



Consult with **Elaine Buonvicino, Independent Insurance Agent** to review your existing life insurance policy(ies) or long term care policy. Complimentary appointments are available. Please call to be referred to

Elaine.

ASK A LAWYER

If you have a legal question, you can schedule a complimentary half hour appointment with one of our attorneys volunteering monthly. **Elder Law Attorneys Michael Loring, Chris Sullivan & Frederick Hayes** rotate monthly. Call for a phone appointment.

MEET YOUR SENATOR

Senator Patrick O'Connor

Take advantage of the opportunity to talk with Sen. O'Connor or his District Coordinator, **Lou Rizzo**. They are open and interested in hearing what their constituents want or want to discuss. Please call to be referred to their office.



MEET YOUR REPRESENTATIVE

Representative Patrick Kearney

He is pleased to continue the tradition of speaking with any interested senior. Call the Senior Center to be referred to Rep. Kearney or call his office directly at 617-722-2014 to discuss your issues.



FINANCIAL SERVICES

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Lori Shea**, Edward Jones Financial Advisor is available for a FREE 30 min phone appt. Call the Senior Center.

CENSUS 2020

Don't forget to fill out the Census! There will be ten questions, which should take no more than ten minutes. The 2020 Census will be offered online for the first time, and by phone and in paper form. Call Jenny Gerbis at 781-545-8873 if you need help.

STIMULUS CHECKS

Stimulus Checks are on the way, if you had filed a tax return for 2019. **BE AWARE OF SCAMS** w/ Stimulus checks- The government will NOT call you to ask you for your banking information! Checks will either be automatically deposited in your bank account or you will receive a paper check via USPS. **Do NOT respond to a request for your personal banking information!**

Information – Resources & Technology

Technology Support—Appointment Times

Don't be left behind! If you have questions about technology, you can speak with one of our volunteers over the phone.

Dick Eckhouse is available to answer questions, guide you, make recommendations and help you get and stay connected while you are at home!

Don't be shy, this is the perfect time to give technology a try!

Appointment times available:

M, W, F @ 11am, 11:45am, 12:30pm

Appointment times can be booked by calling the office @ 781-545-8875 or 781-545-8874 to speak with Lisa or Jill.

"Tech Tips to Talk About"

Here are just a few ideas...FACEBOOK, ZOOM, FACETIME, E-MAIL. Other questions may be discussed as well. Dick will do his best to help you get more comfortable using technology.

FACEBOOK

The first step is to use your computer/laptop, iPad or Smart Phone browser (Internet Explorer, Google Chrome, Safari) and type the facebook.com address; OR, click the Facebook icon on your desktop or task bar. If you do not yet have a Facebook account, then you would click on Sign up and complete the fields, including a username (your e-mail) and a password that you will remember.

"Tech Bits to Try on Your Own"

What is Zoom? How do I download Zoom?

Zoom is a video conferencing program that multiple parties can use to "meet" virtually using a device—computer, iPad, Smartphone—equipped with a camera. Popular as a business meeting tool, it has become an essential resource for everyone trying to make a social connection with friends, family and work /school groups during this time of isolation and social distancing. The first time and any time you are invited to a "meeting" you will receive a link via an e-mail message. [In lieu of e-mail, a message can be received via text on your Smartphone. There is an option to join via phone.] After you open the e-mail you receive instructions to:

- Click the Zoom link and Zoom should automatically and quickly download to your computer.
- In Downloads on your computer, click Zoom_launcher.exe. Zoom should direct you to this with a large orange flag.
- Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting.
- You should now be part of the meeting. Click the green button that says "Join Audio By Computer".

What is Facetime?

Facetime is a video phone call initiated by Smartphone or iPad with calling capability or using a WiFi connection.



MASSACHUSETTS

Alerts to your cell phone from State of Massachusetts (AlertsMA)

Text "888-777" from your cell phone to get alerts from Massachusetts, such as when Gov. Charlie Baker will deliver an update on MA COVID-19 response efforts.

TOWN OF SCITUATE

COUNCIL ON AGING

Town of Scituate COA Website <https://www.scituatemagov/council-on-aging>

Facebook page – Like and Follow! **Scituate Council on Aging**

E-mails from the Council on Aging — provide us with your email address ,so you receive information from us!

TOWN OF SCITUATE <https://www.scituatemagov/covid-19-information>

Bi-weekly video updates from Town Administrator/Selectman

BOARD OF HEALTH—600 CJC Highway, 781-545-8725

The Public Health Nurse, Eileen Scotti is available on Wednesday and Thursday mornings. Call 781-545-8706

THE SCITUATE BOARD OF HEALTH STRONGLY RECOMMENDS THAT RESIDENTS FOLLOW THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) AND THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH (DPH) GUIDELINES TO FLATTEN THE CURVE OF POSITIVE CASES OF COVID-19.

MASKS

Town officials urge everyone to wear cloth face coverings or masks outside of homes to help slow the spread of COVID-19 and flatten the curve. Mask can be requested at SANDS HELPS website. Or call the senior center if you do not have a computer.

SANDS HELPS

What is SANDS HELPS? <http://www.sandshelps.org>

Scituate Community Response and Mutual Aid

This page was designed to facilitate community response during the COVID-19 health emergency. Scituate residents may request help or sign up to donate and/or volunteer.

SANDS Helps is collaborating with Scituate Community Christmas, Scituate Public Schools, Scituate Food Pantry, Scituate Council on Aging and Scituate FACTS to meet the needs of our residents. Where possible, we encourage "Neighbors Helping Neighbors" as your first option. Additionally, you can call 2-1-1 or visit Mass211.org for greater assistance and resources. As always, for any emergencies please call 9-1-1.

TRASH | TRANSFER STATION:

Transfer Station Hours for Seniors AGE 60+ with a Scituate Transfer Station Sticker, Mondays, 8-10am

As the situation continues to develop around Covid-19, the Scituate Transfer Station will be offering Senior Hours.

We ask everyone follow suggested safety guidelines. Please continue to practice social distancing and do not linger at the facility.

SHS Seniors Kindness Rocks

Spring inspiration will be popping up in rock form in May, thanks to these seniors choosing our seniors for their class project. Keep a look out when you are out and about!



**CATHERINE MCGOWAN
SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066**

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**The cost of mailing this newsletter is supported by funds we receive from the state
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The printing of this newsletter by Liturgical Publications Inc. is made possible through the advertising of our local merchants, organizations and individuals. Please support our advertisers! Anyone wishing to advertise, call LPI at: 800-477-4574 x6377

Council on Aging Board Meetings are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. **Check the town website for meeting postings or changes.**

BIG BUS TRIPS - 2020 (ON HOLD)

JUNE 24: Narragansett Lighthouse Cruise

AUGUST 11: Newport Playhouse **SEPTEMBER 11:** Block Island

OCTOBER 15: Little Italy Providence Tour

DECEMBER 1: Blithewold Mansion Holiday Tea

South Shore Elder Services webpage <https://sselder.org/> —links to info...

WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at ***scituatema.gov***;
**Department-Council on Aging,
Newsletters.**

ALSO, ***www.ourseniorcenter.com***
Find: *Scituate Council on Aging.*

You can sign up with your e-mail and
receive notice when it is published
(well before mailing!).

“Like” us on **Facebook:**

**Search Scituate Council on Aging AND
TownofScituate** *Share to your friends!*

Follow us on Twitter: **@ScituateCOA.**

AARP
Admin for Community Living (ACL)
Age Information Line
Alzheimer’s Association
Benefits – National
Disability Resources
Elder Care Locator
Executive Office of Elder Affairs
Food Stamps
Greater Boston Legal Services
Lesbian, Gay, Bisexual, and
Transgender Seniors Advocacy
Long Term Care

Mass Home Care
Massachusetts Aging & Disabilities
Information Locator
Massachusetts Government
MassOptions
Medicare, Medications
National Alliance for Caregiving
National Association of the Deaf
National Federation of the Blind
National Resource Center on LGBT
Aging
Social Security
South Shore Senior News

Links to helpful information, so you can stay informed:

<https://www.mass.gov/orgs/executive-office-of-elder-affairs>

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

<https://www.mass.gov/family-caregiver-support-program>